



DEPARTMENT OF THE ARMY
MADIGAN HEALTHCARE SYSTEM
REFRACTIVE SURGERY CENTER
9040 Fitzsimmons Drive
Tacoma, Washington 98431

REPLY TO
ATTENTION OF:

04 October 2012

**MEMORANDUM FOR Unit Commanders / Supervisors, Unit-Level Points-of-Contact, Laser
Eye Surgery Candidates**

SUBJECT: Laser Eye Surgery Guidelines

1. The US Army Refractive Surgery Program (RSC) is designed to provide Laser Eye Surgery to active duty service members in military occupational specialties that are unique and necessary to the Army mission.
2. In order for this program to meet the needs of the US Army, to provide Laser Eye Surgery to as many active duty service members as possible with limited available resources, and to insure the safety of each individual patient, the following guidelines will be established and strictly adhered to by the RSC staff.
3. Active duty service members who have been identified as candidates for Laser Eye Surgery by their unit level points-of-contact (POC's) and placed on order of merit lists (OML's) must have a minimum of 18 months of active duty service time remaining after surgery under their current service obligations, and a minimum of 12 months remaining after surgery on station in the Joint Base Lewis McChord military area.
4. Selection for Refractive Surgery is the units' responsibility. The unit must ensure that the Soldier has no adverse personnel actions pending (i.e. Chapter, flag, medical board, UCMJ). Personnel with any pending adverse actions are not eligible for surgery.
5. Candidates for Laser Eye Surgery who have screening evaluations pending at the RSC must abstain from contact lens wear as follows:

Soft Contact Lenses: Absolutely no wearing contacts for two weeks prior to screening appointment

Soft Contact Lens wear greater than 10 years: Absolutely no wearing contacts for four weeks prior to screening appointment

Hard Contact Lenses: Absolutely no wearing contacts for four weeks prior to screening appointment

No contact lens use after screening unless directed by RSC Staff.

Surgery candidates not in compliance with the above directives will be redirected to their unit level POC's to have their screening appointments rescheduled in order to comply with the above.

SUBJECT: Laser Eye Surgery Guidelines

Soldiers scheduled for Laser Eye Surgery will automatically be placed on convalescent leave according to the following schedule:

LASIK: Two days, including the day of surgery

PRK: Five days, including the day of surgery

No immunizations 30 days prior and 45 days following scheduled surgery.

The day of surgery is considered the first day of convalescent leave. Soldiers are prohibited from participating in the following activities on their day of surgery – physical fitness training, formations, field duty, work details, etc. In addition, Soldiers should not report to the RSC in duty uniform on the day of their surgery.

Following Laser Eye Surgery, the following activity restrictions will apply:

- Non-deployable for 90 days for PRK; 30 days for LASIK
- duty in a field environment is prohibited for 30 days after surgery
- camouflage face paint may not be worn for 30 days after surgery
- No water-borne activities, eg: swimming, hot tubs, etc are prohibited for 30 days after surgery
- No contact sports/combatives for 30 days after surgery

Exceptions to the above will be made only on an individual case-by-case basis, in consultation with the Soldier and the unit chain of command, and with the approval of the eye surgeon.

Unit commanders, supervisors, and POC's who do not comply with the above guidelines will risk loss of allocated surgical slots for their units. Those who repeatedly violate the above guidelines will risk their unit being excluded from the Refractive Surgery Program.

In order for the Refractive Surgery Program at Madigan Healthcare System and JBLM to be a success, it will require cooperation between individual service members, unit chain of commands, and the RSC staff. Adherence to the above guidelines will result in a successful, valuable, and rewarding experience for all parties involved.

This memorandum should receive the widest dissemination.

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LTC, MC

Chief, Refractive Surgery Center